



Traumatic Brain Injury
Resource Bundle
for Alaska Natives

Nasqungulleq Picurlaggluni Ilquq Aqngirtarrarcilluku **Nasqungutuut cuuget assirngnaqaqameng TBI-ameng.**

Nasqungullrem

- Agtuumayumaa cungnaqngaqnginanrani
- Cakviurnarqevkatua umyugartulleq
- Umyugaqingnaqleq cakviurnarqevkatua



Nasqungurpagaqaraq
ilquq cillakiqeryukaarariaqan,
aqngirnarivkarluku.

Ayuqucilkiagillri
Nasqungurpalriim
Arenqianakluek tanqik nepa-llu,
miryaraluni, cakneq cakenkutagpak-llu
aqngirqellra nutngaluni.

Uyaqumeng Ayagnirluni
Nasqungulleq
Uyaqumeng Ayagnitulimeng nasqun-
gungtuut arenqiallugtaqata elpeksuutet,
nenret, wall'uqa ivaluut uyaqumi.

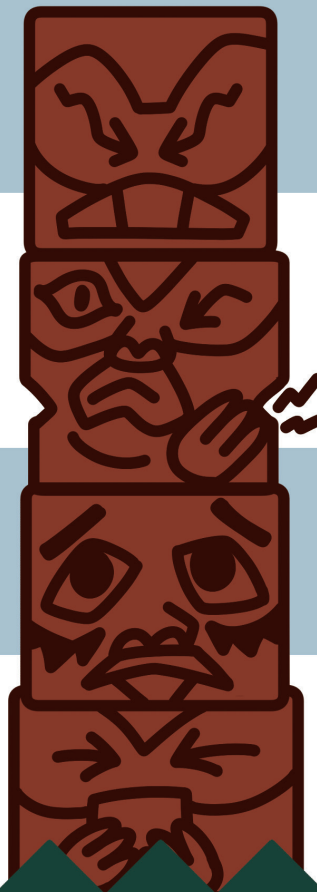
Ayuqucilkiagillri Uyaqumeng
Ayagnirluni Nasqungurpalriim
Aqngialleq ayagnituuq uyaqumeng,
tuygegneng, tunucuaken-llu nasqum.
Uyaqum pek'tellran arcarivkaraqluku
aqngialleq.

Enllugciluni Nasqunguyaraq
Enllugciluni nasqungutuut ivaluut
teggumaurararaaqata wall'uqa
umyugarniullrem teggumaucitaqaki.

Ayuqucilkiagillri Enllugciluni
Nasqunguyaram
Cagniluni awatii nasqum. Amllerrquneng
tawatnaqluteng ernermikutam kinguani.

Nasqunguircauterpallagluni
Nasqungulleq
Nasqungungtuut
cungcauteturpallagaqaata wall'uqa
caffeine-arturpallagaqaata.

Ayagniutai Nasqunguyaram
Cungcautet temiineng catairutngaaqata
wall'uqa caffeine-artullrit cimiraqata
alqunaq.



Amlleret nasqungulriit aarnaitut cali egmian auluknarqelriaruvkenaateng.
TBI-allret assiringnaqelriit curviryarturnarqetuut watnaaqameng

- Nasqunguurallra arcariinarluni.
- Miryalnguaqameng cali/wall'uqa miryaraluni nasqungullermini.
- Kayuilliqluni tallimikun wall'uqa irumikun wall'uqa qanengnaqellni caperqelluku.
- Qavarturangluni nasqunguaqami.

Assiringcallerkaa iliini nasqungutuulim

- Ibuprofen-at
- Cungcautekiitellri cungcarviim
- Nengtarluni wall'uqa massage-arcilluni
- Tegg'inrirluni–Amilleret tuqlursutni app-at internet-akun-llu ikayuriyumaug cugneng tegg'inrirciciiluteng

Cuuyarait cimirluki Nasqunguurallerkam auguitellerkaa pitekluku

- Qavaraqluten pitalqelriameng
- Qacignarqelriaggun piniringnaquureluteng erneq tamalkuan, pek'qurluten
- Caffeine-artungnaqeksauang cali allaneng neqkaneng wall'uqa merkaneng (red wine-aneng wall'uqa cheese-aneng)
- Aqngianrirsutneng cungcautetuqsaunang erneq tamalkuan cungcaristevet tawaam cungcautekiitellrukaaten

Assiringcallerkai nasqungutuulit ataucirqunrilngurmeng Agayunerlluteng

- Temait kayungcarluku assiringcarluki ivaluit teggumaurallrin nasqunguvkallrit cali pinirikanirturcilluki
- Uyvituriinallerkamun ikayutet auluksuumarivkarluki umyugarniullrem teggumaurcitellri cali aqngiavkarturallri nasqunguurturalriamun
- Massage-avkarluni assingcaryaraq
- Elpeksuutet assingnaqevkarluki mingqutyagarteggun kapurluki
- Elpeksuutet caliyaurcitengnaqsuutait kallukcuaratgun ikeglingnaqluki aqngiallrit

Nasqungulriit cungcautait

- Ilait aliyugpaggsuutet (e.g., amitriptyline)
- Cungcautet arulaicitulit protein-aneng (kemegmun ikayutngulriit) aprumaluteng CGRP (calcitonin gene-related peptide receptor)
- Cungcautet qistenirrsuutet (e.g., topiramate)
- Cungcautet augem nutngaurallran aciqsigikanirrsuutai aprumalriit beta-blockers (e.g., propranolol)
- Botox-at kaputait

Qanat'niaran calricaariurten assirinarqelriameng assingcarrsuutekavneng.

Kangingutet: Tarenralget nallunairutet taimaut waken *Headaches After Traumatic Brain Injury*, napartellrulu Kathleen R. Bell, MD, Jeanne Hoffman, PhD, cali Thomas Watanabe, MD, calillgutekluki Model Systems Knowledge Translation Center-aq (<https://msktc.org/>).

Nalqigun: Matum nallunairutem cimingnaqenritaa cungcaristet alerquatait. Qan'askiu cungcaristen naullutevneng wall'uqa assingnaqlerpet tungiinun. Tarenralget nallunairutet imait pilillruut kaigatkun akiikun National Institute on Disability-meng, Independent Living-aameng, Rehabilitation Research-aameng-llu (NIDILRR kaigatem akim naaqutii 90DPKT0008). NIDILRR Center-aruuq iluani Administration for Community Living-am (ACL), Department of Health and Human Services-am (HHS). Tarenralgem nallunairutem imain pillerkiuraqenritai NIDILRR-am, ACL-am, wall'uqa HHS-am, umyugarturyaqunang cingumayukluki Kamam'anun.

Copyright © 2024 American Institutes for Research. Tarenraliyumaut aruqluki-llu apqarluki pilistai. Apterrarakaugut unakvailegmegteki akiliyaraa pitekluku mat'anun.

